

Prep for EVA

| GMT | CREW | ACTIVITY |
|------------------|--------------------|--|
| 06:00-06:10 | | Morning inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-08:00 | | Prep for work |
| 08:00-08:15 | | Daily planning conference (<i>S-band</i>) |
| 08:45-09:35 | FE-1, CDR assist | Cardiovascular evaluation at graded loading on Cycle Ergometer (B5) (To=08:59) <i>Tagup with specialists (VHF)</i> |
| 09:35-09:55 | CDR | COX maintenance |
| 09:35-09:50 | FE-1 | Pressure check in oxygen tanks BK-3. <i>Tagup with specialists (S-band)</i> |
| 10:15-11:05 | CDR FE-1 assist | Cardiovascular evaluation at graded loading on Cycle Ergometer (B5) / (To=10:33). <i>Tagup with specialists (VHF)</i> |
| 11:05-12:05 | FE-1 | Orlan, BCC leak and valve check. <i>Tagup with specialists (S-band)</i> |
| 11:05-12:35 | CDR | Physical Exercise (RED) |
| 12:05-13:35 | FE-1 | Physical Exercise (TVIS) day 3 |
| 12:35-13:35 | CDR | Orlan, BCC leak and valve check. <i>Tagup with specialists (S-band)</i> |
| 13:35-14:30 | | LUNCH |
| 14:30-15:00 | | BETA 08 check using Gamma -1M hardware. <i>Tagup with specialists (S-band)</i> |
| 15:00-15:40 | | Comm system set up. Orlan and BCC telemetry check. Comm and med parameter check in Orlan. |
| 15:40-16:40 | | Mounting US detachable equipment on Orlan-M <i>Tagup with specialists (S-band)</i> |
| 16:40-18:10 | | EVA ops sequence review. <i>Tagup with specialists (S-band)</i> |
| 18:10-19:10 | CDR | Physical Exercise (TVIS) |
| 18:10-19:10 | FE-1 | Physical Exercise (VELO + Force Loader/cycle 1) day 3 |
| 19:10-19:40 | | DINNER |
| 19:40-19:55 | | Daily food prep |
| 19:55-20:10 | | Daily planning conference (<i>S-band</i>) |
| 20:10-20:25 | | Daily food prep |
| 20:25-20:55 | | Pre-sleep |
| 20:55-21:15 | | FD / ISS crew conference (<i>Ku + S -band</i>) |
| 21:15-21:30 | | Pre-sleep |
| 21:30-06:00 | | SLEEP |
| Task List | FE-1 | PLANTS-2. Hardware monitoring |
| | | IMS file prep |

Note: See OSTP for references to US activities
End of radiogram